Introduction to Swimming

Physical Therapy in Steamboat Springs for Swimming

Welcome to Four Points Physical Therapy's resource about swimming.

Let's face it; Caeleb Dressel has made the sport of swimming incredibly cool. It was amazing to watch him glide through the water like it was his home, as if he had flippers instead of hands and feet.

While the sport has always typically been considered low risk, with the exception of holding your breath and staying under the water too long, there is an opportunity to hurt yourself and keep you in the shallow end through the repetitive motion that can lend itself to a shoulder injury.

This specific section of our site is dedicated to you, the swimmer. It is here that you will find the information and exercises that will keep you competing in the butterfly relay and not doggie paddling in the kiddy pool.

Click on one of these links to learn more about:

- Stretching Guide for Swimming
- Common Injuries

Four Points Physical Therapy provides services for Physical Therapy in Steamboat Springs.